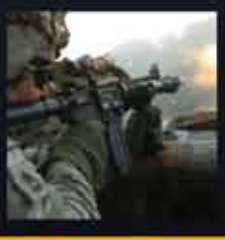
IMCOM

Installation Management Command
U.S. Army

Safety Brochure

Fall and Winter






Live Work Train Play

Front Cover Photos
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WHERE SHOULD SAFETY FIT IN?

Army leaders are taught throughout their development that the mission comes first. This raises the question: "Where should safety fit in?" The answer is: "From the beginning."

To successfully complete any mission, leaders must first ensure that it is completed without unnecessary loss of time, equipment, or personnel due to accidents. To do this, they must incorporate safety into all tasks and missions that their soldiers are required to perform.

The Army, as with all large corporations, gives its leaders what they need, not what they want. This allows no excess or luxury items. A tank commander who loses an operator in an accident has no extra operator, so someone in the track will have to perform an additional task. This kind of incident affects not only the mission, but crew morale as well.

The effect that safety, or the lack of it, can have on unit morale is reflected in every aspect of the unit mission. Letting soldiers know that you, the leader, are concerned about safety in everything they do can influence the way they think about safety.

Your failure to correct a dangerous situation will come back to haunt you when an accident happens. It can result in shoddy maintenance or workmanship. It might result in soldiers, concerned about their own safety, being reluctant to follow your orders.

No good leader would knowingly allow this to happen, but—through oversights in planning and executing a mission—it occasionally does. A good line of communication between leaders in a unit can eliminate most of these oversights. When planning or preparing for a mission, ask a fellow leader to take a look at how you intend to conduct the operation and give you some pointers on how you can do it more safely.

A haphazard unit safety program can affect a unit in many ways other than morale. Here are some examples:

- **Loss of productive time.** When an accident occurs, many unit members and individuals outside the unit must get involved to investigate, research, and solve the problems leading to the accident.
- **Loss of personnel.** People who are injured or killed in accidents are not available to participate in mission accomplishment.
- **Loss of equipment.** Vehicles and equipment may be damaged or totally lost to the unit. When it is most needed, it may not be available.
- **Loss of confidence in the unit.** Who can place strong confidence in a unit that loses personnel, equipment, time, and morale by not having or carrying out a good safety program?

Don't let a lack of safety have an adverse effect on you, your soldiers, or your unit.

(Article written by MSG Dave Harrelson, U.S. Army Safety Center)

U.S. Army SGT Joseph Chmielewski, from Bravo Company, Division Special Troops Battalion, Task Force Gladius, pulls security during a key leader engagement at the Jalokheyl village on main supply route Vermont in the Kapisa province of Afghanistan.

Photo courtesy of U.S. Army: http://www.flickr.com/photos/soldiersmediacenter/2296507730/

Photo by SGT Johnny R. Aragon

ACCIDENT PREVENTION

What is an accident, anyway? It's an unplanned event, and safety is simply not having accidents. Do you want to prevent accidents? You can if you want to, because safety is a state of mind.

It's true: people could prevent 90 percent of all accidents if they wanted to, because 90 percent of all accidents are caused by people—not mechanical failures or natural occurrences, but people like you and me.

Yes, you might say, but how does a person recognize an accident before it happens? It isn't easy to do that, but you can if you have knowledge of what causes accidents. The following advice will help:

- **Know yourself—**your abilities, skills, and limitations.
- **Know your job—**guards, rules, and required personal protective clothing.
- **Know your world—**know what's happening and why. The more we know, the more we can avoid accidents.
- **Use self-control—**release frustration, fear, anger, tension, and worry. Employ a desire to be safe. Do your job the right way, and avoid risky shortcuts.
- **Use sound judgment—**self-preservation vs. self-destruction. The choice is always up to you. If you know that judgment is the result of attitude and knowledge, then you can avoid or prevent accidents.

HAZARD REPORTING

Hazard reporting is intended to reduce accidents by identifying and eliminating potential safety and health hazards as required by the Occupational Safety and Health Act and pertinent Army regulations.

Reporting Procedures

Hazards may be reported by telephone to the Safety Office. Hazards may also be reported to the Safety Office using DA Form 4755, Employee Report of Alleged Unsafe or Unhealthful Working Conditions. (This form is available from Publications.)

Anyone recognizing a safety or health hazard may submit DA Form 4755 or call the Safety Office to report a hazard. No harassment or action is to be taken against an individual for submitting a hazard report in accordance with AR 385-10, The Army Safety Program. The report may be signed or it may be anonymous, per AR 385-10. The report does not have to be submitted through channels. It may be submitted directly to the Safety Office.

Response Actions

Every report is investigated by the Safety Office. The name of the individual reporting the hazard will not be revealed. The rank or position of the person submitting the report is not considered—the priority for investigating the potential hazard will be based solely upon the severity of the hazard. Likewise, it does not matter if the report was signed or submitted anonymously; all reports will be reviewed and acted upon.

Any action taken will be reported to the complainant.
Remember: job safety is everyone's business.

U.S. Army Soldiers from Charlie Company, 1st Battalion, 35th Armored Regiment run from their humvee to a building during room clearing training on a military operations urban terrain site at Baumholder, Germany.

Photo courtesy of U.S. Army: http://www.flickr.com/photos/soldiersmediacenter/2344963847/

Photo by Ruediger Hess

A 502nd Infantry Regiment Soldier grabs hold of concertina wire. Soldiers plan to gather up as much concertina wire as they can and use safety cones in its place whenever possible in an effort to beautify Hurriya.

Photo courtesy of U.S. Army: http://www.flickr.com/photos/soldiersmediacenter/2843061460/

WORKPLACE SAFETY

PFC Kevin B. Mettler, mortar gunner based in Vilseck, Germany, protects his ears as a long-range training round is fired out of a 120-mm mortar.

Photo Courtesy of U.S. Army: http://www.flickr.com/photos/soldiersmediacenter/4008791916/

WHAT IS HEARING CONSERVATION?

Hearing conservation is protecting your hearing from a potentially damaging level of noise.

Noise can interfere with sound you want to hear—for example, conversation. But it's more than just a nuisance, it's a hazard too. It can damage hearing, temporarily or permanently. Noise may also

- create stress that can affect your physical and mental well-being, and
- cause accidents, when workers can't hear instructions or warning signals.

Good hearing helps you enjoy life. Many of life's most valued pleasures involve hearing—for example, the sounds of nature and everyday life, music, voices of family and friends, and more. Good hearing is also essential for communicating with others. Being with other people is easier and more rewarding if you can hear and understand sounds clearly and correctly. Without good hearing, it's difficult to lead a full life—whether on the job or off.

But you can protect your hearing from damage or loss. Here are some steps:

- Understand the fundamentals of hearing and sound.
- Use protective devices in noisy areas, both on and off the job.
- Have your hearing tested periodically.

Hearing conservation is important, because your hearing is priceless!

WORKPLACE BACK INJURY PREVENTION

The following guidance has been adapted from back injury prevention materials provided by the Department of Labor Occupational Safety and Health Administration Training Institute. Even though these tips were developed for workplace situations, you should also keep them in mind at home, when you move heavy items or shovel snow!

1. **Containers:** Materials and containers should be compact and stable. Loads in which the center of gravity can shift or in which the center of gravity is higher than the handles are more likely to induce strain. The shape and surface characteristics of manual loads should allow the weight to be carried close to the body.
2. **Handles and grips:** Heavier loads should have secure handles or natural grips. Hard-to-grasp items should be obtained in well-designed packaging or repacked in carriers. Sufficient hand clearance is essential, particularly when gloves must be worn. If handles are not provided, surface texture must permit a secure grasp.
3. **Weight:** Within the limits of practicality, materials should be moved in easily managed units. If economy demands that material be obtained in bulk, it should be repacked or handled with proper equipment.
4. **Bulk:** Outside dimensions should be small enough to avoid awkward grips and interference with smooth body motion. The size of a package must allow safe clearance throughout the path of movement.
5. **Frequency of lift:** Arrange to reduce the frequency of lifts, even of light loads, through task redesign. Be sure that multiple light loads are not simply combined into a dangerously heavy lift.
6. **Vertical movement:** Minimize lifting by storing materials on shelves or platforms. Provide secure intermediate stopping points for loads that must be moved manually from a low to high position. Eliminate storage at heights that are difficult to reach. Assure that shelving or storage piles will not suddenly collapse or release the weight of a load.
7. **Horizontal movement:** Arrange tasks so that loads are not held or moved at a distance from the body. The job must be designed to minimize twisting and turning. Workers must have an unobstructed view of the path of travel. Passages and aisles should be clear of obstacles, convolutions, and projections.
8. **Walking surfaces:** Floors must be kept clean, dry, and smooth. Changes in elevation should be avoided and must be clearly marked to prevent tripping. Industrial aisles must be marked. Protect outdoor loading areas, and maintain them free of snow and mud.

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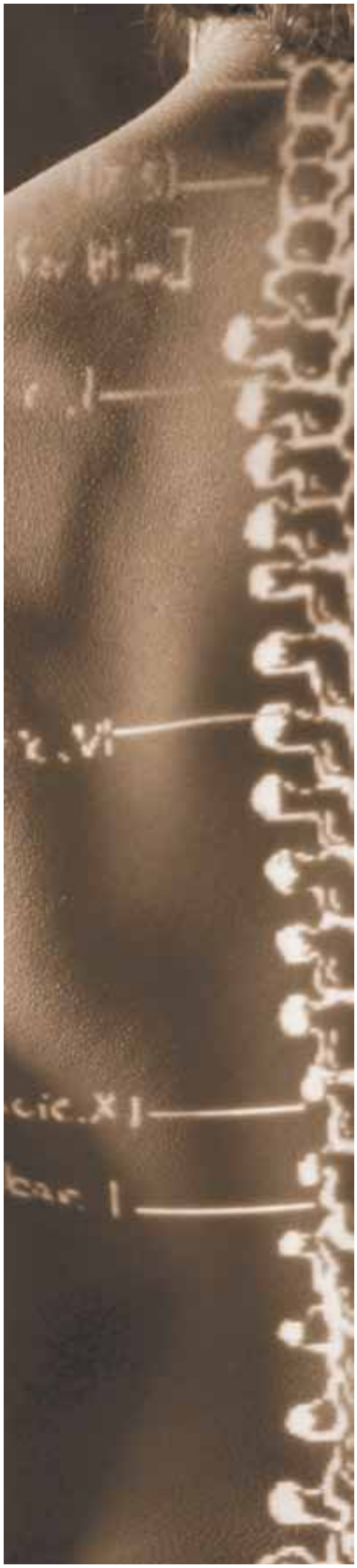


WORKPLACE BACK INJURY PREVENTION *continued from page 9*

Material handling equipment: Provide material handling equipment for jobs requiring frequent lifting or even occasional movement of excessive loads. The job site must be reviewed to ensure that the equipment will not introduce additional hazards of collision, load dropping, or pinch-points.

9. **Employee posture:** Make sure workers are positioned for easy reach of the task. Provide stress-relieving stools, seats, and footrests. The job should permit some movement and change of posture. Ensure that the pace and direction of workflow do not require sudden extreme shifts of position.

10. **Environmental conditions:** Prolonged exposure to extreme heat, cold, noise, and vibration should be avoided. Protective equipment that does not interfere with the task must be provided and its use enforced. Adequate light must shine on the work area and passages.

11. **Worker selection and training:** The physical capability of the worker must be matched to lifting requirements. Pre-placement physical exams should include consideration of repetitive or heavy lifting tasks. Adequate numbers of workers must be present to allow needed two-man lifts. All workers, including those who do only incidental heavy lifting, must be given basic training that includes the dangers of improper material handling, how to avoid unnecessary stress, and individual assessment of safe lifting capacity.

OFFICE ERGONOMICS

Ergonomics simply means fitting the work to the person. In the office, good ergonomics means selecting and properly using furniture, computers, lighting, and telephones to fit the workers that use them. Use of a desk, chair, computer, and telephone requires that you practice good ergonomics or suffer discomfort, rapid fatigue, and loss of productivity.

If your back aches because your chair does not support your lower back, your productivity and health will suffer. Your chair, desk, telephone, keyboard, monitor, and mouse must all be positioned properly for you to be comfortable, productive, and healthy. The following tips will help you adjust and use your office workstation for optimum comfort and health:

- Use a comfortable chair that supports your lower back. The edge of the seat should not create pressure on the backs of your knees.
- Your feet should be flat on the floor or supported by a footrest.
- If available, adjustable armrests should be used. If used, armrests should be comfortable and not in your way.
- Face your work straight on and avoid twisting your neck or torso. Your computer monitor should be directly in front of you and not off at an angle.
- Your desk should be at a comfortable height for writing. Your computer keyboard and mouse should be at a comfortable height for extended usage; if necessary, use an adjustable height and tilt keyboard-mouse platform.
- When using the keyboard and mouse, keep your wrists straight and unbent in a comfortable, relaxed position.
- Adjust the monitor height so that the top of the screen is at or below eye level. Insert books under the monitor for a quick and easy way to raise the monitor.
- The monitor screen should be positioned approximately 24 inches from the eyes.
- Adjust lighting, window shades, and the angle of the monitor to minimize glare.
- Do not cradle the telephone between ear and shoulder. Hold it properly or use a headset or speakerphone. Headsets are recommended for workers who spend a lot of time on the phone.
- Lastly, control your weight, get plenty of exercise to maintain good muscle tone, and get regular vision exams.

INFLUENZA PREVENTION

This fall and winter, two different flu viruses are causing illnesses; seasonal flu and the H1N1 (commonly called swine flu). This year's seasonal flu produces illnesses similar to seasonal flu viruses from previous years. However, recent medical statistics indicate that H1N1 can produce more serious health effects, especially for individuals with pre-existing medical conditions. You can visit ***http://www.armymedicine.army.mil/news/releases/20090604h1n1flu.cfm*** to view the Army Medical Command's H1N1 updates, or visit the Center for Disease Control and Prevention (CDC) website at ***http://www.cdc.gov/H1N1FLU/*** to get the latest H1N1 information. While influenza is not normally classified as a safety hazard, flu infections are a real concern for IMCOM because lost workdays caused by flu absences place added strain on available manpower. The preventive measures listed below can help IMCOM personnel protect their health and prevent the spread of both types of the flu virus.

- Seasonal flu immunizations are available now. See your local medical facility or personal physician to get your seasonal flu shot.
- Cover your nose and mouth with a tissue every time you sneeze or cough. Place used tissues in the trash. If no tissues are available, cough or sneeze into your elbow, not into your hands.
- Wash your hands often with soap and water, or with an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth. Touching these areas can spread the flu virus.
- If you are sick and think you may have the flu, stay home for at least 24 hours after the fever is gone, except to get medical care or take care of other essential needs.
- Visit the websites listed above to keep abreast of the latest influenza information, and follow Army or CDC guidelines regarding H1N1 immunizations.

WINTER DRIVING

Winter is not only a time of holiday joys but also a time to give some special consideration to the care and driving of your automobile.

Tune-up

Give your car a thorough checkup before weather gets bad:

- Check your tires. Make sure the tires have enough tread depth to provide traction in rain, slush, and snow. You can do this by inserting a quarter (25 cent coin) into the tire tread, with the top of Washington's head pointed toward the center of the tire. If you can see the top of Washington's head when you do this, you should have a mechanic or technician check the tires. Also check the tire pressures, and add air if needed. Cooler temperatures result in lower tire pressures and under-inflated tires
- Check coolant/antifreeze—Ensure your radiator is properly filled, and that the coolant provides adequate protection against freezing.
- Check battery—This is the time of year when it will most likely fail on you, and when it can be dangerous to be stranded. Follow the guidance in your vehicle owner's manual, or have a technician check the battery.
- Have the heater system checked over for proper operation.
- Check all hoses and connections, and replace worn ones.
- Check all belts for wear or cracks.
- Replace air and oil filters, gas line filters, and the PCV valve.
- Make sure your motor oil is rated for winter temperatures.
- Check your wiper blades for wear and cracks.

Your Car's Winter Survival Kit

Here are some handy items to keep in your vehicle when you're driving in wintry conditions:

- An ice scraper/brush combination
- Small shovel
- Sand, salt, or kitty litter (for traction)
- Tow rope or chain
- A couple of blankets
- Galoshes and gloves
- Flashlight and extra batteries
- Jumper cables
- First aid kit
- Road flares or reflectors
- Fire extinguisher.

(Article courtesy of Mr. Randy Butler, DOL-Transportation Division)

AVOIDING ACCIDENTS DURING WINTER DRIVING

You should think about snow and ice every time you climb into the driver's seat during the winter months. If a section of pavement looks wet, don't assume its just water—it may be black ice, a thin film of ice that is very treacherous. Black ice is more often found on bridges and in heavily shaded areas, but could show up anywhere. Increase your vehicle spacing on icy surfaces; stopping distance can be as much as 12 times what it would be on a clear, dry road.

Give driving your full attention, concentrating on road conditions and the surrounding area. It takes only a few seconds of inattention to cause an accident or be involved in one. Slow down before you reach a curve, and if you need to apply brakes, use a feathering or pumping action. Hard breaking will lock the wheels and cause skidding. Drive cautiously and methodically. Keeping a steady, moderate pressure on the accelerator helps cut the need to brake hard when brakes are applied.

Avoid unnecessary trips. If a trip can wait, postpone it instead of driving in bad weather. If you must drive in bad weather, start your trip early and allow extra time to reach your destination—bad road conditions and holiday traffic will increase your travel time.

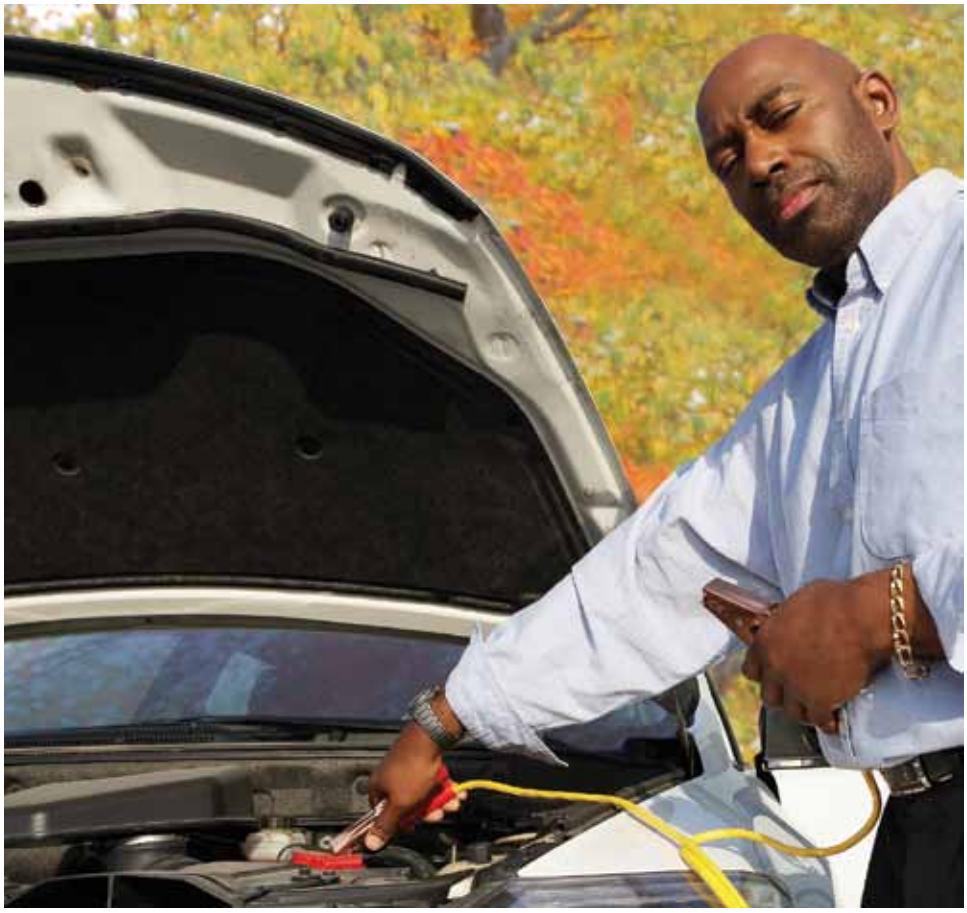
Seeing is essential—if drivers can't see the danger, they can't do anything to avoid it. So before leaving on your trip, make sure windows, mirrors, and headlights are clean. Check your windshield wipers to ensure that they are working properly, and check for burnt-out headlights, taillights, and brake lights.

(Article courtesy of Mr. Randy Butler, DOL-Transportation Division)

USING JUMPER CABLES

Whenever jumper cables are used to start a car with a dead battery, the following procedures are recommended:

1. Turn off all switches in the car.
2. Connect the red clamp of the jumper cable to the positive (+) pole of the dead battery.
3. Connect the other end of the same red cable to the positive (+) pole of the booster battery.
4. Connect the second cable (black) to the negative (-) pole of the booster battery.
5. Finally, clamp the other end of the second booster cable to the engine block of the vehicle with the dead battery, on the side away from the battery.
6. When removing the cables, do so in the reverse order stated above. If you have difficulty in remembering this procedure, tape these instructions inside your car hood for future reference.



MOTORCYCLE SAFETY

The following guidance is summarized from the Army Traffic Safety Training Program (ATSTP):

1. The prevention of motorcycle accidents is a high priority of the Army. Accident data show that the number and severity of motorcycle accidents can be reduced if motorcycle riders are adequately trained in accident avoidance and wear proper protective clothing and equipment.
2. To ride a motorcycle, an operator must do the following:

- Comply with vehicle registration requirements outlined in AR 190-5, Motor Vehicle Traffic Supervision.
- Be currently licensed by a competent civil authority to drive a motorcycle on public roadways.
- Satisfactorily complete an Army-approved motorcycle safety course.
- Maintain the motorcycle in safe mechanical condition.
- Maintain minimum personal liability insurance as prescribed by the laws of the state.
- Have a rearview mirror on each side.
- Have motorcycle headlights on at all times.

3. The following protective clothing and equipment are required:

- A properly fastened, Department of Transportation (DOT)-approved motorcycle safety helmet
- Full-fingered gloves
- Long trousers
- Long-sleeved shirt or jacket (sleeves must be down)
- Sturdy boots or shoes
- If not included in the DOT approved helmet, a face shield or goggles meeting American National Standards Institute (ANSI) Z87. 1.

4. Commanders and supervisors play an active role in ensuring that Army requirements for motorcycle safety are followed. These include:

- ensuring that newly assigned/new motorcycle owners are aware of safety requirements, properly trained and licensed, maintain minimum vehicle liability insurance, and register their motorcycles in a timely manner;
- maintaining a record of personnel who own or operate a motorcycle;
- making periodic spot checks of unit parking areas to identify unregistered motorcycles, determine ownership, and take corrective action; and
- imposing effective disciplinary sanctions against individuals who willingly fail to comply with motorcycle safety requirements.

Some Fall/Winter Motorcycle Safety Tips

- Wear or carry warm clothing. Sudden drops in temperature can change a pleasant ride into a chilling experience.
- Be aware of seasonal hazards such as slippery fall foliage on roadways, and wet or icy pavement.

Basic Riding Gear

HEALTHY TRAVELING

If your job requires a considerable amount of out-of-town travel, keep in mind that frequent absences can lead to health difficulties, as well as loneliness, alienation, and even depression. You might even encounter problems with colleagues, friends, mates, and children if they begin to feel neglected.

The travel itself can also be exhausting. When you travel by airplane, follow these recommendations:

- People with chronic sinus and allergy problems should consult their physician before flying. Their physician may be able to give them medication that will decrease their discomfort when flying.
- People who get anxious or nauseated when flying can also check with their physician for prescription medicine that could help. They should also eat light meals and, if they get nausea, stay away from alcohol, because it will make the nausea worse.

When traveling by car, plan rest breaks to get out and stretch. These breaks relieve tension in the muscles, particularly those in the legs and back, and help keep drivers more alert.

If you find that in addition to the rigors of traveling, your job also requires you to be away from home for long periods of time, watch for these signs that could indicate that you're away too much:

- **Health problems:** Catching more colds, taking longer than usual to get over the flu, insomnia
- **Decreased work performance:** Decreased work output, making more mistakes, less steady handwriting, inability to concentrate on a task as long as usual
- **Mood changes:** Irritability, feeling blue, and experiencing periods of hyperactivity.

Here are some tips to help combat these travel-related problems and also keep the people at home happier in your absence:

- Get extra sleep the week before you depart and during the trip. If possible, stay on the same time schedule that you're on at home. Even the change of an hour either way can make a difference in your energy level.
- Eat a balanced diet and try to exercise while you're gone. If you change altitudes, eat and exercise in small amounts at first. People feel fatigued during the first 24 to 36 hours in a higher altitude.
- Plan ahead so you leave the office well organized instead of in the sort of disarray that will increase stress when you return.
- Call home frequently. This is a good investment for both you and your family.
- If you know you'll be traveling a great deal, a thorough physical can help head off potential problems. See your family doctor for advice.

DISTRACTED DRIVING

The National Highway Traffic Safety Administration (NHTSA) has determined that distracted driving and driver inattention is responsible for approximately 80 percent of all collisions. While new technologies have made our vehicles easier to control and have improved crash protection, technological advances have also provided new distractions that can take our eyes, and our minds, away from the basic task of driving. Cell phones, handheld computers, and sophisticated audio-visual entertainment systems provide an ever-present temptation to divert out attention for "just a second," often with disastrous results.

Cell Phone Usage and Text Messaging on the Road

NHTSA has identified cell phone use as a major source of distraction that leads to accidents. In response to these findings, the Department of Defense published a regulation in the Federal Register in April 2005, that states "Vehicle operators on a DoD Installation and operators of Government owned vehicles shall not use cell phones unless the vehicle is safely parked or unless they are using a hands-free device."

The restrictions above are minimum requirements, and local commands or installations have the authority to put stricter rules in place. Be sure to check your installation's specific rules regarding the use of cell phones in vehicles. By now, most installations have implemented their own cell phone policies in accordance with the DoD restrictions, and military law enforcement officials are beginning to vigorously enforce these rules.

Along with DoD and the military services, many states have now passed laws that restrict or prohibit cell phone use by drivers. You should also check your state's traffic laws on this issue, and ensure that you put safety first when using a cell phone.

More recently, text messaging and emailing from handheld devices has become a common and frequent form of communication for many people. Several states have already enacted laws to prohibit these activities while driving, and a recent Executive Order bans Federal employees from texting

while driving government vehicles. The Executive Order also prohibits the use of government supplied phones or handheld devices while driving a POV. While we may feel an urgent need to respond immediately to our boss's email or our buddy's text message, texting or emailing are definitely not compatible with safe driving. Sending or reading text messages or email while driving is extremely hazardous for drivers, passengers, and fellow motorists. If you must send or read a text message or email message, be sure to safely park your vehicle before doing so.

1 **REAR-FACING SEATS** — For the best possible protection keep infants in the back seat, in rear-facing child safety seats, as long as possible up to the height or weight limit of the particular seat. At a minimum, keep infants rear-facing until a minimum of age 1 **and** at least 20 pounds.

2 **FORWARD-FACING SEATS** — When children outgrow their rear-facing seats (at a minimum age 1 **and** at least 20 pounds) they should ride in forward-facing child safety seats, in the back seat, until they reach the upper weight or height limit of the particular seat (usually around age 4 and 40 pounds).

3 **BOOSTER SEATS** — Once children outgrow their forward-facing seats (usually around age 4 and 40 pounds), they should ride in booster seats, in the back seat, until the vehicle seat belts fit properly. Seat belts fit properly when the lap belt lays across the upper thighs and the shoulder belt fits across the chest (usually at age 8 or when they are 4'9" tall).

4 **SEAT BELTS** — When children outgrow their booster seats, (usually at age 8 or when they are 4'9" tall) they can use the adult seat belt in the back seat, if it fits properly (lap belt lays across the upper thighs and the shoulder belt fits across the chest).

CHILD PASSENGER SAFETY

Motor vehicle crashes are the leading cause of death for children in the United States. During 2006 (the latest statistics available) 1,794 children aged 14 and under died as occupants in motor vehicle crashes, and 184,000 were injured! NHTSA estimates that the use of properly sized and correctly installed child safety seats would reduce these losses by more than half.

As children grow, how they sit in your car, truck, or SUV should change. The steps above show how to provide the best protection for children of different ages and sizes.

After selecting an age and size-appropriate seat, you must install it securely. Properly installing the seats can be difficult; random on-the-road checks of child safety seats have found that up to 73% of the seats are not securely installed. Carefully follow the manufacturer's installation instructions, and have the installed seat checked by an expert. Your Garrison Safety Office can inspect the seat installation or direct you to other resources that can perform the inspection. The NHTSA website can provide the addresses of organizations in your area that provide inspections of child safety seats. Go to ***http://www.nhtsa.dot.gov/cps/cpsfitting/index.cfm*** and enter your zip code to find the closest inspection stations.

BACK TO SCHOOL SAFETY

With children back in school after their summer break, parents and motorists must stay alert to keep kids safe. All of us must remember that children will be riding bikes and scooters to school, and walking to bus stops, sometimes in hours of darkness or limited visibility.

Vehicle Operators

- Anyone driving a vehicle on public roads needs to exercise additional caution, and be ready to stop quickly to avoid children who may not be thinking about traffic.
- Always stop for school buses loading or unloading children, and check your state's traffic laws for additional traffic rules regarding school buses.

Parents

- Teach your children pedestrian safety rules. Personally escort them to and from school or bus stops until you are comfortable with their awareness and judgment.
- Enforce helmet rules when kids ride bikes or scooters. Wearing an approved and properly fitted helmet reduces the risk of head injuries by 85 percent!
- Teach personal safety awareness. Teach children to avoid strangers and unsafe situations. Supervise or escort younger children to keep them safe.
- Avoid clothing with drawstrings for young children. Coats with drawstrings around the hood or neck can catch on playground equipment and cause strangulation.
- Make sure playground equipment is safe. Check with school official to make sure the equipment is periodically inspected by qualified safety personnel and properly maintained. Portable equipment such as basketball hoops and soccer goals must be properly secured to prevent tip-overs.
- Limit the size and capacity of children's backpacks and bookbags. In recent years, overly heavy backpacks have been causing back problems for children who attempt to carry too much.

JOGGING AND RUNNING RULES

Joggers and runners on Army Installations must observe the following rules:

1. Stay in single file while running on sidewalks or roadways.
2. When using roadways, run facing oncoming traffic and yield to vehicular traffic prior to crossing roads.
3. Wear high-visibility clothing when using roadways.
4. Do not wear headphones or headsets of any type while on public roads; they are prohibited.
5. Do not jog or run through intersections; yield the right of way to all vehicles.

Remember roadways are designed primarily for vehicular traffic. Using sidewalks, bike paths, physical training tracks, and open fields is recommended. Most importantly, pedestrian traffic rules apply to individual joggers and runners.

PREVENTING FOOTBALL INJURIES

So you think you're pretty good. You made it through softball season without getting hurt. Well, now the real test begins—football season is here. Percentage-wise, more people are hurt playing football than any other team sport. The National Safety Council reports that 450,000 people are treated each year for football-related disabling injuries.

If you want to avoid becoming a statistic this year, there are a few rules you should follow even for just a friendly game of touch football in your backyard:

- Warm-up before playing to help prevent strained muscles.
- Use proper shoes, clothing, mouth-guards, and other protective equipment.
- Inspect play areas and equipment for hazards before using them.
- Proper supervision of practice and play will reduce injuries in young or amateur players.
- Follow the rules of the game, display good sportsmanship, and keep aggressive behavior under control.

Some people consider football a simulated battle. But a toothless player on crutches is not necessarily evidence of a "good game." Many injuries are indicators of ignorance rather than toughness.

Football can be a fun and healthy form of recreation when safety rules are followed and when all players do their part to prevent injuries.

SAFETY RULES FOR FIREARMS

For many people, fall and winter signal the approach of hunting season. Observing the following basic safety rules will keep everyone safe during hunting and target shooting activities.

- Treat every firearm as if it were loaded.
- Don't put complete trust in safety mechanisms.
- Make sure the firearm is empty before handling or cleaning it.
- Always point a firearm in a safe direction. Know where the muzzle of your firearm is pointing at all times.
- Point firearms only at targets you intend to shoot.
- Keep firearms unloaded when not in use.
- No horseplay with firearms!
- Be sure the firearm's barrel is clean and free of obstructions.

Firearms in the Home

- Know how to operate each firearm, and know its safety features.
- Keep firearms unloaded and out of the reach of children.
- Keep ammunition stored separate from the firearm and locked up.
- Teach firearm safety to members of the family.

In the Field with Firearms

- Never climb trees or fences or jump ditches while carrying a loaded firearm.
- Never transport loaded weapons in motor vehicles.
- Be sure there are adequate backstops for target practice.
- Be sure of your target. (People have been killed or seriously wounded by hunters who heard a sound and fired into underbrush thinking the sound was made by game.)
- Firearms and alcohol don't mix! (It's a fact that alcohol in the body affects judgment and impairs reflexes.)
- Be sure your firearm is maintained in a safe operating condition.

(Article courtesy of Mr. Bill Koontz, Fort Detrick Outdoor Recreation)

BASIC RULES FOR ARCHERY SAFETY

- Cock an arrow or draw a bow only at targets you intend to shoot.
- Make sure the full path to the target is clear before releasing the arrow.
- Do not engage in horseplay with drawn bows!
- Keep equipment well maintained and in good condition.
- Always be sure of your target.
- Never attempt to run with a bow and arrow in the shooting position.

Safety in archery begins with good equipment.

- Regularly check your bow for defects.
- Unstring your bow when it's not in use.
- Never draw a bow without an arrow.
- Check the bowstring for wear.
- Check arrows for irregularities.
- Store arrows in a safe place.

(Article courtesy of Mr. Bill Koontz, Fort Detrick Outdoor Recreation)

DIALING EMERGENCY TELEPHONE NUMBERS
(Using Land Lines and Cell Phones)

When an emergency occurs on the military installation, using a hard wired garrison phone line to dial 911 will route the emergency call to a military police desk or emergency operator. Hard wired phones provide for a more timely response from Garrison Military Police and Fire Department units.

When dialing 911 from a cell phone on a military installation you will normally contact a 911 operator outside of the installation causing a delayed emergency response time. Please notify the 911 operator of your location and/or location of the fire or emergency and the garrison you are calling from.

If you need to make an emergency call using a cell phone, make direct contact with Fire Department or Military Police personnel by using the alternate direct dial emergency telephone numbers for the garrison you are calling from; these numbers are usually available on the garrison website. Program these numbers into your cell phone contacts list so they are readily available.

HOME FIRE PREVENTION AND PREPAREDNESS

In FY09, fires on Army installations caused 1 death and 17 serious injuries. Monetary losses from Army fires in FY09 exceeded $36 million. In an effort to reduce these losses, IMCOM launched a Fire Safety Campaign in April of 2009, and is continuing to focus on reducing fire risks and losses.

Facts

- 80 percent of all fire deaths occur in the home.
- The leading cause of fire deaths is careless smoking.
- Having a working smoke detector more than doubles one's chances of surviving a fire.
- Adults 65 and older are more than twice as likely to die in fires as the overall population.

HOUSEHOLD SAFETY

Fall • Winter

Follow the safety tips listed below to protect yourself and your family.

Basic Facts About Smoke and Heat Detectors

Two types of fire detectors are available for home use: smoke detectors and heat detectors. Smoke detectors alone, when properly located and maintained, offer the minimum level of safety recommended by the National Fire Protection Association (NFPA). Smoke detectors operate on either of two different principles: photoelectric or ionization.

At least two-thirds of the deaths in home fires stem from inhaling smoke and toxic gases. These deadly combustion products will activate a properly located and maintained smoke detector, awakening the household and allowing time to escape. Since most home fire deaths occur at night and since smoke rises, it makes sense to install a smoke detector outside the sleeping areas of your home on or near the ceiling.

The best location is the hallway near your home's bedrooms. Fires generally start in the living areas or in the kitchen. The smoke detector should be in the hallways between these areas and the bedrooms. If you have a large or multi-level home, you should seriously consider installing two or more smoke detectors. In the NFPA's standard on "Household Fire Warning Equipment," the minimum protection is a smoke detector to protect each sleeping area plus one on each additional story of the home.

Follow these guidelines when purchasing, installing, and maintaining smoke detectors:

- When purchasing a smoke detector, check for the label of a testing laboratory; don't buy a detector that doesn't have a laboratory label.
- You should also consider the type of sound the detector makes. There are two types of warning sounds for you to choose from: the constant horn type sound found on most smoke detectors or the siren-type warning sound. This siren sound is the same type used on fire, police, and other emergency vehicles.
- In a multi-level home, one detector is definitely NOT enough! Every home should be equipped with smoke detectors on every level, particularly outside of sleeping areas.
- Read instructions, and install the detector as recommended by the manufacturer.
- Locate your smoke detector near sleeping areas. The preferred location is in hallways or areas adjacent to bedrooms.

- Protect escape routes. Bedrooms are usually located farthest from convenient exits. Therefore, locate your smoke detector in areas your family must pass through to escape. This will help prevent your family from being trapped by dense smoke or flames.
- Locate your smoke detector on the ceiling or high on a wall. The preferred location may be in the center of the ceiling at the top of a stairway, or at least 4 inches away from any wall. A wall-mounted detector should be from 4 to 12 inches from the ceiling. Stick to the locations recommended by the manufacturer.
- Always locate your smoke detector at the highest point on any sloped ceiling.
- Test your location before final installation. Remember, your smoke detector has to waken all sleeping persons, even behind closed doors. Before final installation, have all members of the family go to their bedrooms and close the doors. Test the detector(s). Every member of the family should be able to hear the alarm loud and clear.
- Ensure that your smoke detectors are tested monthly and batteries are replaced twice a year. Change batteries when you change your clocks.
- Encourage children to help test the smoke detectors. Familiarize them with the sounds of the alarm(s).

If heat detectors are used, they should be part of a total system that includes smoke detectors. Home heat detectors react when air temperature reaches a certain point, usually 135 F. Used in conjunction with smoke detectors, heat detectors are useful in kitchens, attics, basements, and attached garages.

Fire Extinguishers

- Keep an all-purpose fire extinguisher in your kitchen (one rated for grease fires and electrical fires).
- It is a good idea to keep fire extinguishers near the furnace, garage, and anywhere else a fire may start. These extinguishers are affordable, life-saving equipment for your home.
- Make sure every able-bodied member of the family is trained and familiar with the proper way to use the fire extinguishers.
- If you must use an extinguisher, make sure you have a clear way out in the event you cannot put out the fire.

HOUSEHOLD SAFETY

Fall • Winter

Flammables

- Keep matches, lighters, and candles out of reach and out of sight of children!
- Smoking is dangerous! No one should ever smoke in bed. Make sure that cigarettes/cigars are extinguished properly before dumping ashes.
- Avoid grease build-up in the kitchen and on appliances. Cooking fires are common. Do not leave food cooking on stove tops unattended.
- If a fire should occur, suffocate it with a pot/pan lid or a cookie sheet, or close the oven door.
- Dispose of materials from fireplaces and grills in non-flammable containers.
- Never put children to sleep in "day" clothes. Fire-retardant sleepwear can make a difference in burn outcomes.

Electrical Safety and Heat Sources

- Make sure your electrical system is not being over-taxed. This can cause a fire. Do your lights dim or flicker when extra appliances are plugged in? If you have questions or concerns, consult a certified electrician.
- Inspect wires. If you find any worn or exposed wiring from appliances, discontinue their use immediately! A fire is imminent!
- Keep appliances unplugged when not in use.

Escaping a Fire: EDITH - Exit Drills in the Home

- Practice EDITH (Exit Drills in the Home). These tips can help you put together and practice an effective home fire escape plan.
- Pull together everyone in your household and make a plan. Draw a floor plan of your home showing two ways out of each room, including windows. Do not forget to mark the location of each smoke alarm. Make it easy for all members of the family and visitors to understand.
- Make sure that everyone understands the escape plan and recognizes the sound of the smoke alarm.
- Be fully prepared for a real fire: when a smoke alarm sounds, get out immediately; and once you are out, stay out, leave the fire fighting to the professionals!
- If you live in an apartment building, make sure that you are familiar with the building's evacuation plan. In case of a fire, use the stairs, never the elevator.

- When planning for a family with young children, be sure to teach them not to hide from fire or smoke and to go to firefighters who are there to help them.
- All children should be familiar with the ideas of "crawling underneath the smoke" to escape a fire. "Stop, drop, and roll" is another safety principle that must be ingrained into children's minds.
- Multi-storied buildings are of special concern. Ensure that everyone is familiar with how to use an escape ladder if necessary.
- Make sure every sleeping room has two means of escape in the event of a fire. Windows provide a secondary means of escape. Ensure they are in proper working order, are not painted shut, and guards are able to be disengaged in case of fire and escape is necessary through that window.
- Make sure to practice your escape plan periodically. It will be easier to remember in case of an emergency.
- Call emergency responders from a neighbor's house. Young children should know their street address and last name (and, of course, how to dial 911 or garrison emergency number).
- After you've planned for the family, don't forget the pets. Alert firefighters about your pets. Don't rely on window or door decals to alert firefighters—such decals are often found to be outdated. In the event your pet suffers from smoke inhalation, rush the animal to the vet.

Cooking Fire Safety

Many families gather in the kitchen to spend time together, but it can be one of the most hazardous rooms in the house if you do not practice safe cooking behaviors. Cooking equipment, most often a range or stove top, is the leading cause of reported home fires and home fire injuries in the United States. Cooking equipment is also the leading cause of unreported fires and associated injuries.

It is a recipe for serious injury or even death to wear loose clothing (especially hanging sleeves), walk away from a cooking pot on the stove, or leave flammable materials, such as pot holders or paper towels, around the stove. Whether you are cooking the family holiday dinner or a snack for the children, practicing safe cooking behaviors will help keep you and your family safe.

Safe Cooking Behaviors

Choose the Right Equipment and Use It Properly

- Always use cooking equipment tested and approved by a recognized testing facility.
- Follow manufacturers' instructions and code requirements when installing and operating cooking equipment.
- Plug microwave ovens and other cooking appliances directly into an outlet. Never use an extension cord for a cooking appliance, as it can overload the circuit and cause a fire.

Watch What You Heat

- The leading cause of fires in the kitchen is unattended cooking.
- Stay in the kitchen when you are frying, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- If you are simmering, baking, roasting, or boiling food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you're cooking.
- Stay alert! To prevent cooking fires, you have to be alert. You won't be if you are sleepy, have been drinking alcohol, or have taken medicine that makes you drowsy.

Keep Things That Can Catch Fire and Heat Sources Apart

- Keep anything that can catch fire—pot holders, oven mitts, wooden utensils, paper or plastic bags, food packaging, towels, or curtains—away from your stove top.
- Keep the stove top, burners, and oven clean.
- Keep pets off cooking surfaces and nearby counter tops to prevent them from knocking things onto the burner.
- Wear short, close-fitting or tightly rolled sleeves when cooking. Loose clothing can dangle onto stove burners and catch fire if it comes into contact with a gas flame or electric burner.

If Your Clothes Catch Fire

If your clothes catch fire, stop, drop, and roll. Stop immediately, drop to the ground, and cover face with hands. Roll over and over or back and forth to put out the fire. Immediately cool the burn with cool water for 3 to 5 minutes and then seek emergency medical care.

How and When to Fight Cooking Fires

- When in doubt, just get out. When you leave, close the door behind you to help contain the fire. Call ***911*** or the local emergency number after you leave.
- If you do try to fight the fire, be sure others are already getting out and you have a clear path to the exit.
- Always keep an oven mitt and a lid nearby when you are cooking. If a small grease fire starts in a pan, smother the flames by carefully sliding the lid over the pan (make sure you are wearing the oven mitt). Turn off the burner. Do not move the pan. To keep the fire from restarting, leave the lid on until the pan is completely cool.
- In case of an oven fire, turn off the heat and keep the door closed to prevent flames from burning you or your clothing.
- If you have a fire in your microwave oven, turn it off immediately and keep the door closed. Never open the door until the fire is completely out. Unplug the appliance if you can safely reach the outlet.
- After a fire, both ovens and microwaves should be checked and/or serviced before being used again.

HOME HEATING SYSTEMS

With fall and winter temperatures coming, now is a good time for a safety review of your home heating systems.

- ***Check your furnace.*** It should be cleaned and checked regularly by a professional.
- ***Check your fireplace.*** Use andirons and a screen or glass front. Never leave a fire unattended. Don't burn gift wrappings, tissue, or evergreens in your fireplace.
- ***Check your chimney, pipes, and flues.*** They should be clean and have no cracks or loose mortar.

PORTABLE HEATER HAZARDS

As the weather turns cold, many people use portable heaters for extra warmth.

While portable heaters are effective for heating small areas, they can be deadly if not used safely. Fires and carbon monoxide poisoning are the main hazards associated with portable heaters.

There are two major types of portable heaters: those using electricity to generate heat and those using combustible fuels.

Electric Heaters

Electric heaters are most useful indoors, away from moisture that could cause electrical shock hazards. When using any electric heater, read the owner's manual and observe the manufacturer's safety warnings. In general observe the following rules:

- Keep the heater well away from flammable materials such as curtains, furniture, paper, or wood items.
- Locate it away from water or moisture sources.
- Select a heater that shuts off automatically if it tips over.
- Make sure your home electrical system has adequate capacity to power the heater in a safe manner.
- Never use extension cords to plug in the heater.
- Locate the heater out of the reach of small children.
- Turn off the heater when you go to sleep or leave the room or area.

Fuel-powered Heaters

Fuel-powered heaters are available in many types, designed for both indoor and outdoor use. Some use kerosene, while others use bottled fuels like butane or propane. Some also use an electric blower or fan to increase heat output. Before using any of these heaters, read the owner's manual carefully and observe the safety recommendations. In general, follow the same rules listed above, plus the following:

- Do not use the heater indoors unless it is specifically designed for indoor use. Some new heaters incorporate an oxygen depletion sensor (ODS) that shuts the heater down before it can produce dangerous levels of carbon monoxide (CO).
- Even if the heater is designed for indoor use, follow the manufacturer's instructions to provide adequate ventilation to ensure safety, and mount a CO alarm in the room where the heater is being used.
- Use caution when adding fuel to the heater. Make sure the heater is turned off, unplugged, and cool to the touch. Add fuel outdoors, not in an enclosed area.
- Never use outdoor heaters indoors or in enclosed spaces.

NATURAL GAS SAFETY RULES

Follow the manufacturer's instructions with all gas appliances. Have your gas appliances installed, serviced, and repaired by professionals. Keep chimney flues and vents for appliances clean and in good repair.

Keep areas clean around your gas water heater and furnace. Teach small children to stay away from gas appliances. Teach family members what to do if they smell gas.

In Case of a Gas Emergency

If you smell gas and can't find the source immediately, go to a neighbor's house and call the gas company. If the odor is not strong, open doors and windows for ventilation. If the odor is strong or persists, get everyone out of the house.

Don't use a telephone, switch a light on or off, or light a match if you smell gas. Don't try to relight a gas furnace, water heater, or range until you are sure there's no more smell of gas.

Get immediate medical attention for victims of burns or carbon monoxide poisoning.

WINTER STORAGE OF COMPRESSED GASES AND FLAMMABLES

Getting ready for the cold weather usually involves storing lawn mowers, motorcycles, camping equipment, grills, and other warm-weather equipment. Many of these are powered by flammable liquids such as gasoline or compressed gases such as propane.

Flammable liquids should be drained from power equipment before storage. Items such as paint, gasoline, leftover charcoal lighter, and kerosene should be properly marked and stored in appropriate containers away from sources of heat, sparks, and open flames. The storage area should be well ventilated, free of combustibles such as paper, and out of the reach of children. A type A-B-C fire extinguisher should be readily available.

Compressed gas containers should be capped and stored away from sources of heat and sparks in a ventilated, temperature-controlled area, because regulators can malfunction under freezing conditions. In addition, cylinders should be refilled only if they are designed for refill. Cylinders should also be secured or chained in an upright position to prevent toppling.

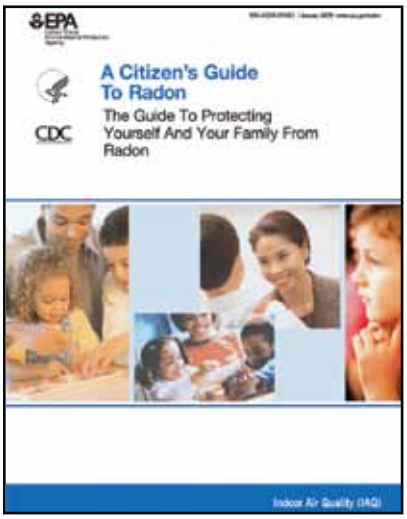
Proper storage of compressed gases and flammable liquids is a good start toward preventing home fires.

CARBON MONOXIDE

CO is a colorless, odorless gas that is produced when we burn fuels for heating, cooking, or operating power equipment and vehicles. Every year, especially in the cold months, CO poisoning kills dozens of people with little or no warning.

The following tips will help keep you safe from this silent killer:

- If you use gas, oil, or wood to heat your home, have the heating system inspected and serviced annually by an expert. Malfunctioning heating systems are a major cause of CO poisoning.
- If you use gas, oil, or wood to heat your home, install a CO alarm. CO alarms are inexpensive, simple to install, and can be purchased at most hardware or home supply stores.
- Be careful when using portable heaters. Follow the manufacturer's instructions, and read the portable heater safety tips appearing elsewhere in this brochure.
- If you are using a fireplace in your home, make sure the flue stays open until the fire burns out completely.
- Don't use a barbecue grill—regardless of whether it uses charcoal or gas—in your garage or other enclosed space.
- Do not operate gasoline-powered equipment (vehicles or generators, for example) in an enclosed garage or other indoor space.



RADON IN HOMES

Radon is a cancer-causing radioactive gas emitted from certain types of rock, soil, and water. Under certain conditions, radon can accumulate inside homes and other buildings, and cause a health hazard. At high concentrations, radon is a serious health hazard—only smoking causes more lung cancer deaths. Radon can be found in all 50 states. It is colorless and odorless, so the only way to detect it is to perform air testing

All Army buildings, including housing units, have been tested for radon, and radon control systems have been installed if needed. So if you live in government quarters, any potential radon hazards have already been mitigated. If you live in government quarters and have any questions about radon testing, you can call the housing office on your installation.

If you live off-post, however, you should make sure your home has been tested for radon, and if it has not, do the testing yourself. Test kits are inexpensive and easy to use, and can be purchased at most hardware or home supply stores. Just follow the instructions provided with the kit, and then use the postage-paid envelope provided in the kit to mail the sampler to the testing laboratory. In a few weeks, the testing laboratory will mail the results back to you, with an explanation of the results, and any recommended actions you should take. If hazardous levels of radon are detected in a home or building, building professionals can usually fix the problem at a relatively low cost.

The key to avoiding radon hazards is to make sure your home has been tested for radon. Radon hazards are easy to control—but only if you know there is a problem. If you are buying or renting a home, ask to see the radon testing results. For more information, go to the U.S. Environmental Protection Agency's radon web page at: ***http://www.epa.gov/iaq/radon/pubs/citguide.html.***

POWER TOOLS

Power tools save time and make the job easier, but used improperly they can maim or even kill. The following are on-the-job safety rules for power tool operation:

1. Know the tool you are using—its application, limitations, and potential hazards.
2. Select the proper tool for the job. Don't try to tackle a big job with an undersized tool; makeshift tools can cause accidents.
3. Always wear the appropriate personal protective equipment (PPE) for the job. Owner's manuals for power tools always provide PPE requirements and other safety tips. Eye and hearing protection is almost always required.
4. Ground all tools. If a tool is equipped with a three-prong plug, it should be plugged into a three-hole electrical receptacle. If an adapter is used to accommodate a two-prong receptacle, the adapter wire must be attached to a known ground.
5. Remove adjusting keys and wrenches before turning on the tool.
6. Keep the work area free of clutter, boards, boxes, debris, tools, and other objects that can be tripping hazards.
7. Keep tool guards in place and in working order. Do not remove guards or wedge them out of the way.
8. Always be alert to potential hazards in your working environment, such as damp locations or the presence of highly combustible materials, such as gasoline or solvents.
9. Avoid accidental startup. Make sure the tool switch is off before plugging in the cord, or when power is interrupted. Don't carry a plugged-in tool with your finger on the switch.
10. Make sure saw blades, drill bits, router cutters, and other cutting edges are sharp, clean, and regularly maintained.
11. Use only recommended accessories. Follow the manufacturer's instructions.
12. Last, but perhaps most important, once you begin working, concentrate on what you're doing. Your slogan should be: Safety Starts Between the Ears.

CHAIN SAWS

Any tool powerful enough to slice through thick branches can do the same to human flesh and bones. As a consequence, chain saw injuries are often very serious. Although kickback is the single biggest cause of chain saw injuries, operator error is another major factor. These guidelines are presented for the chain saw user's consideration:

- Wear appropriate protective clothing. This includes safety goggles, gloves that provide a good grip, hearing protection, safety shoes, and close-fitting clothes that won't get caught in the chain.
- Inspected the chain saw for sharpness and overall mechanical condition, prior to starting. In addition, the work area is much safer when it is free of debris. This helps prevent the chain from touching anything other than what is to be cut.
- Make sure you have the right chain saw for the job. The owner's manual should list and explain the saw's capabilities.
- Do not work alone. An extra pair of hands will make some dangerous situations safe. If there is an injury, the other person can get help.
- Always start the saw according to the manual's directions. Carry the saw with the blade pointing backward when it is not being used. Never carry a saw that is running.
- Hold the saw firmly with both hands, and keep the left arm straight. In case of kickback, the saw will rise in front of you instead of jumping back toward you.
- Do not touch the tip of the guide bar to any object. Before sawing through a branch or log, check for nearby branches that could come into contact with the saw.
- Do not bury the tip of the saw in a cut, and do not remove the tip guard to make a bigger cut.
- Let the saw do the work. Do not force it through the cut.
- Stand on the uphill side of a log so it won't roll into you. Watch for branches that may spring back as you cut.
- Avoid cutting tree limbs that are higher than chest level.
- If a gasoline-powered saw needs to be refueled, let it cool first. Clean up any spills. Avoid coming into contact with the hot muffler while working.
- If the saw is electric, use an extension cord that is approved for outdoor use. Do not use the saw in damp environments.

- Do not tackle a cutting job that involves climbing trees. Many horror stories involve amateurs who fell out of trees or had large branches fall on them while using a chain saw. Save the big jobs for the professionals.
- Finally, remember that every chain saw is different. You need to know your saw's particular features. The owner's manual usually contains excellent information about safety.

ACCIDENTS DON'T TAKE HOLIDAYS

The holiday season is a time of joy and fun, gifts, and surprises. But, beware of the extra hazards the holidays bring:

- More traffic accidents
- More home fires
- More accidents with toys
- More falls
- More accidental poisonings.

Accidental Falls

Many accidental deaths occur every December from accidental falls. Typical winter and holiday fall hazards include:

- Outside steps: sidewalks and driveways should be kept free of ice and snow.
- Inside stairways should be kept clear. Handrails should be kept free of decorations.
- Electrical cords and wires should be away from traffic areas where they could be tripping hazards.
- Ladders—not stools or chairs—should be used for those out-of-reach decorating jobs.
- Toys, boxes, paper, etc., are tripping hazards when left on floors.

Poisoning

- Plants and greens used for decoration may be poisonous—for example, holly berries, mistletoe berries, and Jerusalem cherry plants.
- Chemicals contained in chemistry sets, science kits, and games may be harmful. Follow directions, safety precautions, and age recommendations carefully.
- Alcohol is frequently served at parties but poses a real danger to small children.
- During the holidays and throughout the year, keep medicines and household chemicals out of the reach of small children.
- If you have preschool and school-age children, teach them about poisoning hazards in your home. Help them place "Mr. Yuk" stickers on poison hazards.
- Post the telephone number of a poison control center in a location where you can find it quickly. In the United States, you can call a national poison control hotline at ***800-222-1222.***

Rules for Holiday Decorations

Natural evergreen trees and artificial trees are common holiday decorations. Flame proofing methods are unreliable and not recommended, since they only serve to give one a false sense of security. To ensure that trees are relatively safe, select precut trees that appear fresh with firm, green needles. Cut the tree off at least 1 inch from the original cut, and place the tree in water as soon as possible. Keep the tree in water during the entire period, checking the water level daily. Artificial trees, both plastic and metalized, can burn. Those with built-in electric lights must carry an Underwriters Laboratory (UL) approval label. Use indirect lighting in metal trees to avoid the danger of electrical shock, because faulty electrical light sets may electrically charge the entire tree. Do not locate trees where they block exits.

Use noncombustible or fire-retardant materials. Look on the item or box for the UL label for information on non-combustibility. Make sure that electrical decorations that are hot when held by your fingers are not in contact with materials that will burn (drapes, window shades, furniture, or other decoration materials used with the electrical item).

Use low-heat-producing miniature lights that can be held in your fingers. Look for the UL label on light sets, and check the sets before using. If cords are frayed or deteriorated, or if individual light sockets are not working, do not use the light set.

Extension cords must be no smaller than 18 gauge wire (AWG 18). Do not overload receptacles by using multiple plug-in connectors. Circuit breakers protecting most household receptacles are rated at 15 amps. Look for amperage or wattage ratings on electrical items to determine total loads.

Decorations, including electrical ones, are not to be attached to other electrical sources, light fixtures, or to fire alarm or sprinkler systems. Use string, clips, tie-wire, or thumbtacks to attach and support the weight of decorations.

With the exception of family housing quarters, wax candles are not permitted for any use. In family housing quarters, extreme caution must be taken to ensure that candles are not burned where the flame or heat will ignite adjacent materials. Never leave burning candles unattended.

Contact the Fire Protection Division if there are any questions on the use of decorations. After decorating, please feel free to give the Fire Protection Division a call to check the display or area to make sure it is relatively fire-safe.

HOLIDAY SAFETY

Fall • Winter

OUTDOOR LIGHTING

- Use lights approved for outdoor sources. Check for a label from a testing laboratory (such as UL).
- Make sure circuits are not overloaded.
- Place cords away from traffic areas and heat sources, and not under rugs.
- Check cords and plugs for wear, frayed insulation, cracks, and loose connections.

SAFE TOY PURCHASES

Toys, which are intended to bring pleasure, can also bring injury and death. The following guidelines are intended to help you select the right toy:

- Select toys to suite the age, abilities, and temperament of the child.
- Infants and toddlers should have toys that are too large to be swallowed and that have no sharp edges, hidden pins, or wires.
- Young children should have toys with no parts that can be pulled off and swallowed.
- Toys that shoot projectiles or have sharp edges should be reserved for older and more responsible children.
- Electrical toys (operated by house current) should have a label from a testing laboratory.
- Check all toys (especially imported ones) to be certain they are non-combustible and have no lead-based paint on them.
- Ensure that your older children keep their toys away from younger children.
- Make sure that children play with riding toys in areas away from stairs, traffic, or swimming pools.
- Toys should be examined regularly. Are pieces (such as wheels on toy trucks) coming loose? Are there sharp edges or rusting parts? Broken toys should be repaired immediately or discarded.

HOLIDAY SAFETY

TIPS TO PARTY BY

- Always serve food along with alcohol. Foods high in protein and carbohydrates, such as cheese and meats, are especially good. They stay in the stomach longer, slowing the rate at which the body absorbs alcohol.
- If you serve alcoholic punch, use a noncarbonated base such as fruit juice. The body absorbs alcohol faster when mixed with carbonation.
- Serve nonalcoholic beverages. It is possible that some of your guests will not want to drink alcohol.
- Have several jiggers or self-measuring one-ounce bottle spouts at the bar to mix drinks. Guests are less likely to drink excessively when standard measures are used.
- Do not force drinks on your guests or rush to refill their glasses when empty. Some guests may not wish to appear rude and will accept drinks they do not want.
- Stop serving alcohol about 2 hours before the party will be over. Guests then have time for their bodies to absorb the alcohol consumed. Serve coffee or other nonalcoholic beverages as well as food.
- If you observe a guest drinking too much, try these steps:
  - *Engage him or her in conversation to slow down the drinking.*
  - *Offer high protein food.*
  - *Offer to make the next drink using less alcohol. Mix it with a noncarbonated base.*
  - *Carefully observe his or her condition throughout the evening. Make sure the guest does not drive if you believe he or she is impaired.*
- Remember: Neither coffee nor a cold shower will help sober someone up. Only time can do that.

FRESH CITRUS MOCK-COCKTAILS FOR THE HOLIDAYS

Equivalent measures

- 1 scoop crushed ice = approx. 1/2 cup
- 1 oz. = 2 tbsp.
- 1/2 oz. = 1 tbsp.
- 1 medium lemon = approx. 1-1/2 oz. juice (3 tbsp.)
- 1 medium orange = approx. 3 oz. juice (1/3 cup)
- 1 medium grapefruit = approx. 6 oz. juice (2/3 cup)

Rondo Fizz

- 1 scoop crushed ice
- 2 oz. fresh squeezed orange juice
- 1 oz. cream or half and half
- 1/2 oz. simple syrup
- 1 egg white

Combine in a blender, and blend until smooth. Serve in a 12 oz. glass. Fill with club soda. Garnish with 1/2 orange slice.

Strawberry-Orange Frosty

- 2 scoops crushed ice
- 10 fresh or frozen strawberries
- 4 oz. fresh squeezed orange juice
- 1 oz. simple syrup

Combine all ingredients in a blender and blend until smooth. Serve in a 16 oz. glass, and garnish with an orange twist and strawberry.

Banana Flip

- 1 scoop crushed ice
- 1/2 small banana
- 1-1/2 oz. cream or half and half
- 1 oz. fresh squeezed orange juice
- 1/2 oz. simple syrup

Combine in a blender, and blend until smooth. Serve in an 8 oz. glass, garnishing with an orange wedge, banana chunk, and mint.

Citrus Collins

Fill a 10 to 12 oz. glass with ice cubes and add:

- 2 oz. fresh squeezed orange or grapefruit juice
- 1 oz. fresh squeezed lemon juice
- 1 oz. simple syrup

Fill the glass with club soda, garnishing with 1/2 orange slice and cherry.

Tomato Bull

- Salt rim of 10 oz. glass and fill with ice cubes
- Squeeze and drop in 1 fresh lemon wedge
- Squeeze and drop in 1 fresh lime wedge

Fill with Bloody Mary mix and garnish with a celery stick.

Back Cover Photo

U.S. Army SGT Nathan Schrock tries to keep warm after waking up on a cold morning in the mountains near Sar Howza in Paktika province, Afghanistan. Schrock is assigned to the 1st Squadron, 40th Cavalry Regiment.

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